

# Easy Coconut Muffins

This recipe is so easy, with few ingredients and makes tasty moist muffins.

## Categories

Gluten-free

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Yields: 12 servings

Preparation time: 6 mins

Cooking time: 20 mins

Category: Snacks and breads

Complexity: Simple to moderate

Vegan experience: Absolute beginner

Preparation style: Cooked

## Ingredients

|                           |                              |
|---------------------------|------------------------------|
| Coconut flour             | 0.5 cup                      |
| Baking soda               | 1 teaspoon                   |
| Salt, sea salt            | 0.25 teaspoon                |
| Flax seeds, not fortified | 0.25 cup                     |
| Vanilla extract           | 1 teaspoon                   |
| Coconut oil               | 0.25 cup                     |
| Water                     | 0.75 cup                     |
| Banana, fresh             | 2 medium - 7" to 7 7/8" long |

## Instructions

Preheat oven to 350 F.

1. Add coconut flour, baking soda, salt and ground flax seeds to a large bowl. Use a coffee grinder to grind whole flax seeds. Start with 1/8 cup as ground flax seeds have more volume than whole flax seeds. Add more as needed to reach 1/4 cup of ground flax seeds.
2. In a smaller bowl combine wet ingredients. Melt 1/4 cup or less of coconut oil, add to 3/4 cup water, 1 tsp vanilla extract and 2 mashed bananas. Mix well to combine.
3. Add wet ingredients to dry ingredients. Mix just until combined, do not over mix. You can add fresh fruit or chopped nuts, or both if desired.
4. Scoop into pre-greased muffin cups or use liners. Bake for 20 minutes. Let cool for about 15 minutes before removing from muffin cups for further cooling.